

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Previously Presented) An insert-nut for use with a carrier of a car, the insert-nut having a polygonal shape defined by a plurality of sidewalls and at least one circumferentially extending groove that is provided along a longitudinal dimension of the insert-nut, the plurality of sidewalls of the insert-nut being configured to provide a plurality of gaps between the sidewalls of the insert-nut and a surface of an installation hole of the carrier, whereby plastic is injectable into the plurality of gaps and into the at least one groove to secure the insert-nut to the carrier.
2. (Previously Presented) The insert-nut according to claim 1, wherein the polygonal shape comprises a hexagon.
3. (Previously Presented) The insert-nut according to claim 1, wherein the polygonal shape comprises a pentagon.
4. (Previously Presented) The insert-nut according to claim 1, wherein the longitudinal dimension of the insert-nut corresponds to a thickness of the carrier.

5. (Previously Presented) The insert-nut according to claim 1, wherein a shape of the at least one groove is circular.
6. (Currently Amended) The insert-nut according to claim 1, wherein a shape of the at least one groove is polygonal ~~pentagonal~~.
7. (Previously Presented) The insert-nut according to claim 1, wherein the at least one groove comprises a plurality of grooves spaced along the longitudinal dimension of the insert-nut.
8. (Previously Presented) A method for securing an insert-nut within an insert hole, said method comprising:
 - mounting the insert-nut into the insert hole, wherein the insert-nut comprises a polygonal shape with at least one circumferentially extending groove provided along a longitudinal dimension of the insert-nut, a plurality of gaps being provided between the insert-nut and a surface of the insert hole; and
 - injecting plastic into the plurality of gaps and into the at least one groove of the insert-nut.
9. (Previously Presented) The method according to claim 8, wherein the polygonal shape comprises a pentagon.

10. (Previously Presented) The method according to claim 8, wherein the polygonal shape comprises a hexagon.

11. (Previously Presented) The method according to claim 8, further comprising forming a longitudinal dimension of the insert-nut to correspond to a thickness of a carrier within which the insert-hole is defined.

12. (Previously Presented) The method according to claim 8, wherein a shape of the at least one groove is circular.

13. (Currently Amended) The method according to claim 8, wherein a shape of the at least one groove is polygonal ~~pentagonal~~.

14. (Previously Presented) The method according to claim 8, wherein the at least one groove comprises a plurality of grooves spaced along the longitudinal dimension of the insert-nut.